



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Simon, Frank

Club: Greven

Number: 427

Course: 22.75 km

Halbmarathon

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:51:47

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 35 (of 159)

Rank in course/Men: 32 (of 122)

Best time in course: 1:28:31

Rank in category: 4(of 14)

Best time in the category: 1:37:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	15:08	4:39	4	2:06	37	3:23	3.25	15:08	4:39	4	2:06	37	3:23
Lap 2	3.25	15:50	4:52	4	2:18	37	3:28	6.50	30:58	4:45	4	4:24	35	6:46
Lap 3	3.25	16:02	4:56	4	2:14	35	3:31	9.75	47:00	4:49	4	6:38	35	10:17
Lap 4	3.25	16:13	4:59	4	2:14	35	3:31	13.00	1:03:13	4:51	4	8:52	37	13:31
Lap 5	3.25	16:16	5:00	4	2:02	32	3:20	16.25	1:19:29	4:53	4	10:54	36	16:50
Lap 6	3.25	16:22	5:02	4	1:37	33	3:27	19.50	1:35:51	4:54	4	12:31	32	20:02
Last lap Finish	3.25	15:56	4:54	4	1:18	30	3:19	22.75	1:51:47	4:54	4	13:49	32	23:16